

Full Report (All Nutrients) 01255, Egg, whole, raw, frozen, salted, pasteurized

Report Date: July 16, 2017 17:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 oz 28g |
|--------------------------------------|------|------------------------|----------------|------------|-------------|
| Proximates | | | | | |
| Water 1 | g | 67.83 | 3 | -- | 18.99 |
| Energy | kcal | 138 | -- | -- | 39 |
| Energy | kJ | 577 | -- | -- | 162 |
| Protein 1 | g | 10.97 | 3 | -- | 3.07 |
| Total lipid (fat) 1 | g | 10.07 | 3 | -- | 2.82 |
| Ash 1 | g | 10.30 | 3 | -- | 2.88 |
| Carbohydrate, by difference | g | 0.83 | -- | -- | 0.23 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 |
| Sugars, total 1 | g | 0.07 | 3 | -- | 0.02 |
| Sucrose 1 | g | 0.00 | 3 | -- | 0.00 |
| Glucose (dextrose) 1 | g | 0.07 | 3 | -- | 0.02 |
| Fructose 1 | g | 0.00 | 3 | -- | 0.00 |
| Lactose 1 | g | 0.00 | 3 | -- | 0.00 |
| Maltose 1 | g | 0.00 | 3 | -- | 0.00 |
| Galactose 1 | g | 0.00 | 3 | -- | 0.00 |
| Minerals | | | | | |
| Calcium, Ca 1 | mg | 55 | 3 | -- | 15 |
| Iron, Fe 1 | mg | 1.71 | 3 | -- | 0.48 |
| Magnesium, Mg 1 | mg | 9 | 3 | -- | 3 |
| Phosphorus, P 1 | mg | 186 | 3 | -- | 52 |
| Potassium, K 1 | mg | 128 | 3 | -- | 36 |
| Sodium, Na 1 | mg | 3663 | 3 | -- | 1026 |
| Zinc, Zn 1 | mg | 1.30 | 3 | -- | 0.36 |

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|--|------|------------------|-------------|------------|----------|
| Copper, Cu 1 | mg | 0.064 | 3 | -- | 0.018 |
| Manganese, Mn 1 | mg | 0.033 | 3 | -- | 0.009 |
| Selenium, Se 1 | µg | 30.4 | 3 | -- | 8.5 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 |
| Thiamin 1 | mg | 0.060 | 3 | -- | 0.017 |
| Riboflavin 1 | mg | 0.443 | 3 | -- | 0.124 |
| Niacin 1 | mg | 0.077 | 3 | -- | 0.022 |
| Pantothenic acid 1 | mg | 1.260 | 3 | -- | 0.353 |
| Vitamin B-6 1 | mg | 0.226 | 3 | -- | 0.063 |
| Folate, total 1 | µg | 69 | 3 | -- | 19 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 69 | 3 | -- | 19 |
| Folate, DFE | µg | 69 | -- | -- | 19 |
| Choline, total 1 | mg | 297.0 | 3 | -- | 83.2 |
| Vitamin B-12 1 | µg | 1.21 | 3 | -- | 0.34 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 149 | -- | -- | 42 |
| Retinol 1 | µg | 149 | 3 | -- | 42 |
| Carotene, beta 1 | µg | 0 | 3 | -- | 0 |
| Carotene, alpha | µg | 0 | -- | -- | 0 |
| Cryptoxanthin, beta | µg | 9 | -- | -- | 3 |
| Vitamin A, IU | IU | 497 | -- | -- | 139 |
| Lycopene | µg | 0 | -- | -- | 0 |
| Lutein + zeaxanthin 1 | µg | 417 | 3 | -- | 117 |
| Vitamin E (alpha-tocopherol) 1 | mg | 0.80 | 3 | -- | 0.22 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Vitamin D (D2 + D3) | µg | 1.5 | 3 | -- | 0.4 |
| Vitamin D3 (cholecalciferol) 1 | µg | 1.5 | 3 | -- | 0.4 |
| Vitamin D 1 | IU | 61 | 3 | -- | 17 |
| Vitamin K (phylloquinone) | µg | 0.3 | -- | -- | 0.1 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 3.178 | -- | -- | 0.890 |

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| 4:0 | g | 0.004 | -- | -- | 0.001 |
| 6:0 | g | 0.000 | -- | -- | 0.000 |
| 8:0 1 | g | 0.000 | 3 | -- | 0.000 |
| 10:0 1 | g | 0.000 | 3 | -- | 0.000 |
| 12:0 1 | g | 0.000 | 3 | -- | 0.000 |
| 14:0 1 | g | 0.039 | 3 | -- | 0.011 |
| 15:0 1 | g | 0.004 | 3 | -- | 0.001 |
| 16:0 1 | g | 2.297 | 3 | -- | 0.643 |
| 17:0 1 | g | 0.018 | 3 | -- | 0.005 |
| 18:0 1 | g | 0.820 | 3 | -- | 0.230 |
| 20:0 1 | g | 0.000 | 3 | -- | 0.000 |
| 22:0 1 | g | 0.000 | 3 | -- | 0.000 |
| 24:0 1 | g | 0.000 | 3 | -- | 0.000 |
| Fatty acids, total monounsaturated | g | 4.000 | -- | -- | 1.120 |
| 14:1 1 | g | 0.005 | 3 | -- | 0.001 |
| 15:1 1 | g | 0.000 | 3 | -- | 0.000 |
| 16:1 undifferentiated 1 | g | 0.260 | 3 | -- | 0.073 |
| 17:1 1 | g | 0.009 | 3 | -- | 0.003 |
| 18:1 undifferentiated 1 | g | 3.697 | 3 | -- | 1.035 |
| 20:1 1 | g | 0.029 | 3 | -- | 0.008 |
| 22:1 undifferentiated 1 | g | 0.000 | 3 | -- | 0.000 |
| 22:1 c 1 | g | 0.000 | 3 | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 1.627 | -- | -- | 0.456 |
| 18:2 undifferentiated 1 | g | 1.324 | 3 | -- | 0.371 |
| 18:3 undifferentiated 1 | g | 0.044 | 3 | -- | 0.012 |
| 18:3 n-3 c,c,c (ALA) 1 | g | 0.033 | 3 | -- | 0.009 |
| 18:3 n-6 c,c,c 1 | g | 0.011 | 3 | -- | 0.003 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:2 n-6 c,c 1 | g | 0.022 | 3 | -- | 0.006 |
| 20:3 undifferentiated 1 | g | 0.000 | 3 | -- | 0.000 |
| 20:4 undifferentiated 1 | g | 0.170 | 3 | -- | 0.048 |
| 20:5 n-3 (EPA) 1 | g | 0.000 | 3 | -- | 0.000 |

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| 22:5 n-3 (DPA) 1 | g | 0.002 | 3 | -- | 0.001 |
| 22:6 n-3 (DHA) 1 | g | 0.046 | 3 | -- | 0.013 |
| Fatty acids, total trans | g | 0.090 | -- | -- | 0.025 |
| Cholesterol 1 | mg | 387 | 3 | -- | 108 |
| Amino Acids | | | | | |
| Tryptophan 1 | g | 0.226 | -- | -- | 0.063 |
| Threonine 1 | g | 0.483 | -- | -- | 0.135 |
| Isoleucine 1 | g | 0.560 | -- | -- | 0.157 |
| Leucine 1 | g | 0.940 | -- | -- | 0.263 |
| Lysine 1 | g | 0.793 | -- | -- | 0.222 |
| Methionine 1 | g | 0.303 | -- | -- | 0.085 |
| Cystine 1 | g | 0.240 | -- | -- | 0.067 |
| Phenylalanine 1 | g | 0.577 | -- | -- | 0.162 |
| Tyrosine 1 | g | 0.463 | -- | -- | 0.130 |
| Valine 1 | g | 0.673 | -- | -- | 0.188 |
| Arginine 1 | g | 0.700 | -- | -- | 0.196 |
| Histidine 1 | g | 0.273 | -- | -- | 0.076 |
| Alanine 1 | g | 0.607 | -- | -- | 0.170 |
| Aspartic acid 1 | g | 1.113 | -- | -- | 0.312 |
| Glutamic acid 1 | g | 1.417 | -- | -- | 0.397 |
| Glycine 1 | g | 0.363 | -- | -- | 0.102 |
| Proline 1 | g | 0.420 | -- | -- | 0.118 |
| Serine 1 | g | 0.850 | -- | -- | 0.238 |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 |
| Theobromine | mg | 0 | -- | -- | 0 |

Sources of Data

¹American Egg Board American Egg Board-Egg Nutrition Center Study, 2005